

Pork & Vegetable Lettuce Cups



Deliciously refreshing on a hot night

25 mins

8 ingredients

\$2.70 / person

Gear



Frying Pan

Ingredients

Serves = 4

1 tbsn extra virgin olive oil

3 spring onion
1 tsp minced garlic
500g lean pork mince
1 carrot
1 zucchini
1 red capsicum
8 large leaves iceberg lettuce

It's this easy

- Prepare the vegetables ready to use - finely chop the spring onion and capsicum, grate the carrot and zucchini, and lay out the lettuce leaves on plates ready to serve
- Heat olive oil in a large frying pan over a medium-high heat
- Add the spring onion, minced garlic and capsicum and cook for 3 minutes
- Add the pork mince and cook for 5-6 minutes or until the pork is cooked through, using a wooden spoon to break up the mince
- Add the grated carrot and zucchini and cook for another 3 minutes or until all warmed through
- Take the mince and vegetable mixture off the heat and spoon an even amount into each lettuce cup



Tweaks

- Add fresh coriander and sauce of choice (e.g. hoisin or sweet chilli) to serve

Notes

Nutrition information (per serve):

- Energy (994kJ)
- Protein (26.2g)
- Total fat (11.2g)
- Saturated fat (2.3g)
- Carbohydrate (7.8g); Starch (0.4g), Sugars (7.4g), Added sugars (0g), Free sugars (0g)
- Dietary fibre (3.5g)
- Sodium (80mg)
- Calcium (44mg)
- Iron (2.3mg)

Allergies

Contains: FODMAPs.

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